

LIVING Better

A Butler VA Quarterly Magazine

fall 2022

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BUTLER VA HEALTH CARE SYSTEM'S FALL 22' HIGHLIGHTS



The Butler VA received over 50 entries for its local Creative Arts Competition! 35 first place entries will now advance to the national competition. Good luck local winners, including Lori Ceder!



Former Prisoners of War (FPOW) were celebrated on September 16 with a special luncheon at the Butler VA in recognition of National POW/MIA day. Those still Missing in Action (MIA) were remembered with the Missing Man Table and Honors Ceremony.



October is recognized as both National Breast Cancer and Domestic Violence Awareness Month. Butler VA staff joined together to show support for the strength and resiliency of Breast Cancer and Domestic Violence survivors by wearing pink and/or purple during the month.



During National Fire Prevention Week, October 9-15, the Butler VA Fire Department held a week-long program to teach fire safety. The week culminated in a Touch-A-Fire Truck event where children and adults had an opportunity to check out fire trucks, put out a fire, and go through a smoke trailer.



A special thank you to the Butler Area Woodturners for coming to the Butler VA this fall to provide a woodturning demonstration for Veterans and employees. The talented presenters provided education on woodturning and showed attendees how to make a wood turned bowl.



Veteran and VA volunteers, Glenn Bittner and Bill Adams along with Rebecca Wolfe, Associate Director, presented a wreath in honor of Veterans Day and in observance of National Veteran and Military Families Month. The wreath symbolizes gratitude for all those who served and to their families who supported them.



During Person-Centered Care Month in October, Veterans shared their experiences with the Whole Health program, including Army Veteran Rich Riley. Rich has participated in Whole Health Coaching, the Taking Charge of My Life and Health group, and the Personal Health Inventory. He also started a Veteran's writing group!



To celebrate Halloween, therapy dog friends, staff, and family joined together for a Halloween Pet Parade for our Veteran residents in the Community Living Center. Decked out in Halloween costumes, people and their pets paraded by the sunrooms and living areas to provide some festive smiles and waves to our Veterans.



In honor of National Family Caregivers Month in November, the Butler VA's Caregiver Support Team hosted a special 'Afternoon Tea for Caregivers' event. In addition to tea and light refreshments, chair yoga, an art project, and Veteran-care was provided for all attendees.

Cover Photo

Clarence Hasenflu, better known as Pistol Pete, a U.S. Marine Corps Veteran provided special remarks for an art dedication ceremony this fall. Thanks to his vision and dedication, a new piece of artwork honoring all Veterans is located on the VA campus.



Dear Veterans, fellow employees, volunteers and friends of the Butler VA,

In November, we celebrated National Veteran and Military Families Month, as well as Veterans Day. Veterans Day is not just a day though, but rather a call to action. It's a reminder that it is our sacred responsibility as Americans to serve those who have served our country. At the Butler VA Health Care System that means providing over 22,000 Veterans and their families with exceptional care every day.

Not enrolled for care? Or have a friend who needs to enroll? Now is the time. We can help you apply in person or get started online: www.va.gov/butler-health-care/register-for-care.

Thank you for your service, and I hope you enjoy this issue of "Living Better."

Sharon Coyle, Director

C O N T E N T S

Fall 2022



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VA Caregiver Support Program Expands!

VA recognizes the critical role family caregivers play in enabling Veterans to stay in their homes, surrounded by their loved ones. That's why VA has expanded the Program of Comprehensive Assistance for Family Caregivers (PCAFC) to include caregivers of eligible Veterans of all service eras.



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Horses Helping Heroes

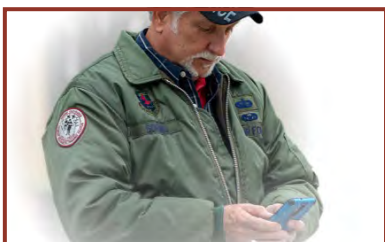
The Butler VA Health Care System currently has four Veteran Community Partnerships for equine therapy. The benefits of therapeutic riding are numerous. Through these partnerships, the Butler VA is working to better support Veterans and their families.



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Honoring Vets

Each November, the country sets aside a day to pay tribute to and thank all Veterans for their service. A new piece of artwork at the Butler VA is doing the same. It now serves as a lasting reminder of the lives and sacrifices of all Veterans – past, present and future.



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Health Tech, Tips, & Tastes

What's new and interesting in VA's health technology? Find out! Also enjoy a health tip and tasty recipe.

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VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Butler VA Health Care System

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VA Caregiver Support Program Expands!



In honor of National Family Caregivers Month, the Butler VA's Caregiver Support Team hosted a special 'Afternoon Tea for Caregivers' in November.



VA Launches Second Phase of the Program of Comprehensive Assistance for Family Caregivers Expansion

VA recognizes the critical role family caregivers play in enabling Veterans to stay in their homes, surrounded by their loved ones. That's why VA has expanded the Program of Comprehensive Assistance for Family Caregivers (PCAFC) to include caregivers of eligible Veterans of all service eras.

PCAFC is now available to caregivers of eligible Veterans from all eras of service

Previously, PCAFC was only available to eligible Veterans who served on or after September 11, 2001. This expansion opens the program to eligible Veterans of all eras, including those who served after May 7, 1975, and before Sept. 11, 2001.

Over the past two years, PCAFC added approximately 20,000 active Veteran and Family Caregiver participants. This final phase of PCAFC expansion will enhance the health and well-being of thousands more Veterans by supporting the caregivers who care for them.

"PCAFC is an important resource for families who want to care for their Veteran at home. Services and benefits the program provides are intended to eliminate some of the barriers that may interfere with that goal," said Heather Hess-Chatterjee, Caregiver Support Program Manager. "The Caregiver Support Team at the Butler VA is excited to offer this option to Veterans and their caregivers of all service eras."

PCAFC offers clinical support services

PCAFC is one of two programs under VA's Caregiver Support Program (CSP) that provides specialized services to caregivers. Primary family caregivers may receive:

- A monthly stipend (paid directly to the caregiver)
- Access to health care insurance through the Civilian Health



and Medical Program of the Department of Veterans Affairs (CHAMPVA) (if otherwise not insured)

- Mental health counseling
- Certain beneficiary travel benefits when traveling with the Veteran to appointments
- At least 30 days of respite care per year. Respite is short-term relief for someone else to care for the Veteran while the caregiver takes time away.

Secondary family caregivers may receive services such as mental health counseling and certain beneficiary travel benefits when traveling with the Veteran to appointments.

PCAFC eligibility and how to apply

To be eligible for PCAFC, the Veteran must have a serious injury (or illness), which is a single or combined service-connected disability rating of 70% or more and meet additional criteria. PCAFC eligibility criteria can be found on CSP's website: www.caregiver.va.gov/support/support_benefits.asp. Caregivers and Veterans can also call the Butler VA's CSP team to learn how to apply: 878-271-6174.

Services available to all caregivers of Veterans enrolled in VA health care

Caregivers of Veterans who are not eligible for PCAFC can also receive robust resources through CSP's Program of General Caregiver Support Services (PGCSS): PGCSS provides a range of services to all caregivers of Veterans enrolled in VA health care, including skills training, mobile support, education, one-on-one and group coaching, Peer support mentoring, and much more. Caregivers of Veterans are encouraged to inquire about PGCSS, even while they are applying for PCAFC.

"Caregivers are heroes who often place their own needs second to those they are caring for. Our mission is to help ease their burden by offering a range of services and supports in both programs so they can take care of themselves while still caring for their loved one," added Hess-Chatterjee.

Caregivers can contact the Butler VA Caregiver Support team to ask about PGCSS by calling 878-271-6174 or visiting www.va.gov/butler-health-care/health-services/caregiver-program/.

Horses Helping Heroes

Equine Therapy Community Partnerships



Did you know the Butler VA Health Care System currently has four Veteran Community Partnerships for equine therapy? Veteran Community Partnerships (VCPs) are organized partnerships that bring together VA staff and community organizations to build relationships, exchange information, educate each other and the public on resources available to Veterans and collaborate to reduce barriers that impede Veterans' access to care or services.

The Butler VA currently has equine therapy partnerships with:

- Storm Harbor Equestrian Center (Slippery Rock, PA)
- Heavenly Gaits Therapeutic Riding Center, Inc. Soldiers and Spurs Program (Knox, PA)
- Elliot Acres Therapeutic Riding Center (Butler, PA)
- Fly High with Horses, Trails End Conservancy, Inc. (Hermitage, PA)

The benefits of therapeutic riding are numerous, some of which include:

- Improved endurance and strength
- Improved self-esteem and confidence
- Improved respiration/circulation
- Improved motivation
- Improved concentration and attention span

Jake McCracken, U.S. Navy Submariner, is one of the Veterans utilizing equine therapy at the Storm Harbor Equestrian Center. He has been participating since May 2022 and plans to continue for as long as he can. He always wanted to learn to ride a horse, and his granddaughter rides horses so it is a great way for them to share time together.

“Storm Harbor has a great group of people that are there to help others experience horses. It's great that the crew there knows what that could mean to someone and is sharing it with Vets

and their families,” said Jake. “The facility is really amazing with so many options for different people with or without disabilities. It is great that Storm Harbor is reaching out to Veterans and offering these lessons to us and our families.”

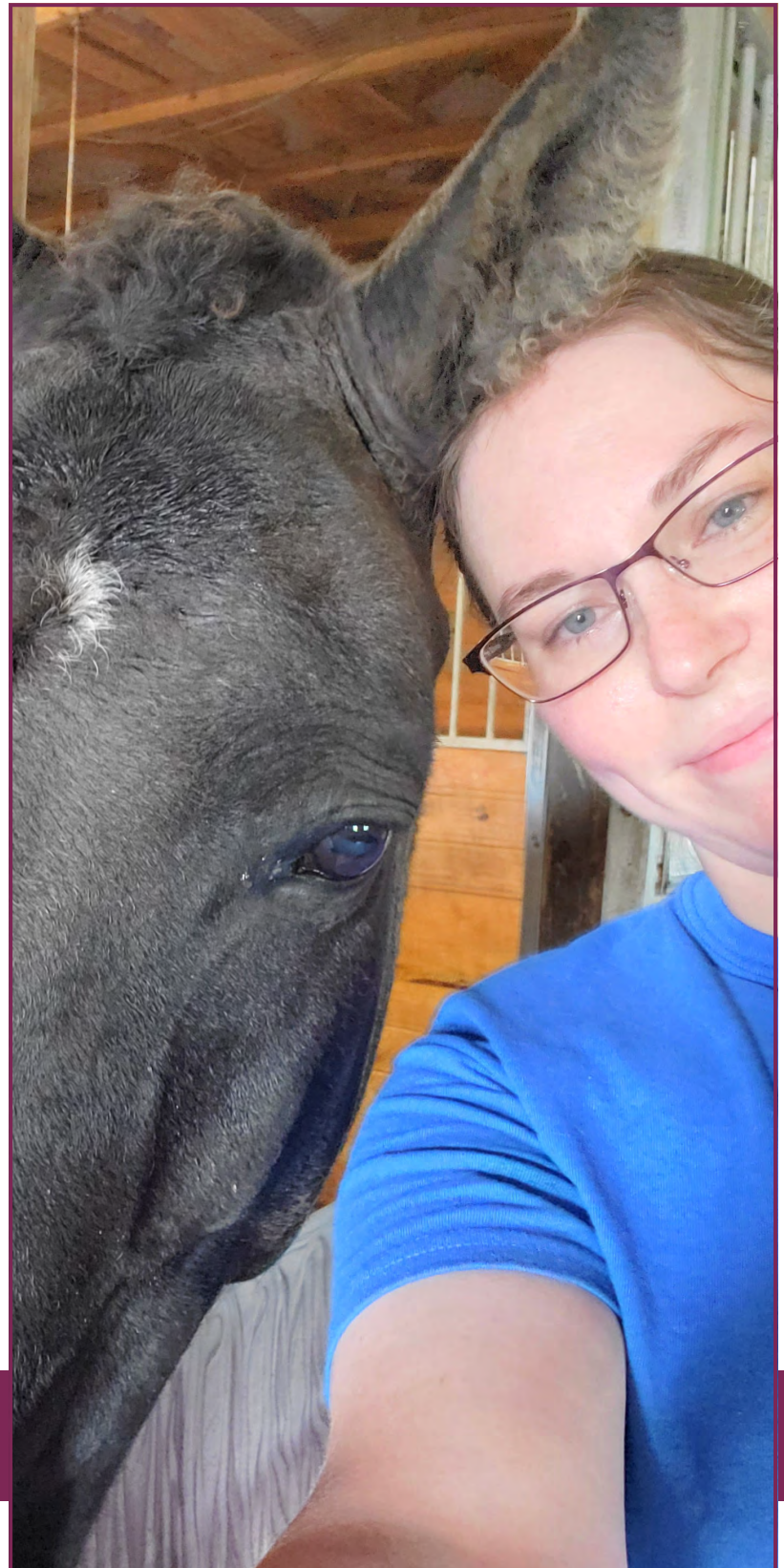
Kira Hillyard, U.S. Air Force Veteran, also participates in equine therapy. She has been involved since 2018 and goes to Heavenly Gaits Therapeutic Riding Center, Inc. Without riding, she isn’t sure where she would be now.

Kira was medically discharged from the Air Force with PTSD, depression, anxiety, joint issues and torn muscles. After moving back in with my family and getting help from VA, things were slowly getting better until she experienced more loss in her life. Kira felt lost until she learned about the Veterans program at Heavenly Gaits.

“I went from being nearly non-verbal, antisocial, untrusting of anyone that wasn’t family, or I didn’t already know, to opening up and regaining my self-confidence,” Kira shared. “I began to socialize more and was able to get a job at a local company and made many friends there. I don’t know where I would be without that opportunity, but I’m glad I’m here now.”

Community collaboration is essential to effectively meet the needs of Veterans, their families, caregivers, and survivors. Through partnerships, the Butler VA is working to better support Veterans and their families. In addition to the equine therapy partnerships, the Butler VA partners with YMCAs, a local art studio, musical programs, and more.

Learn more about the Butler VA Community Partnerships available by calling the Butler VA’s Veteran Community Partnerships (VCP) Coordinator at (878) 271-6484. All current partnerships are also available on the Butler VA’s Facebook page, under the album titled “Butler VA Community Partnerships” (https://www.facebook.com/VAButlerPA/photos_albums).



**VETERAN
COMMUNITY
PARTNERSHIPS**

Honoring Vets

New Artwork Dedicated at VA



Each November, the country sets aside a day to pay tribute to and thank all Veterans for their service. A new piece of artwork at the Butler VA Health Care System is doing the same. At the Butler VA every day is Veterans Day, and this new piece of artwork serves as a lasting reminder of the lives and sacrifices of all Veterans – past, present and future.

Clarence Hasenflu, better known as Pistol Pete, does his best thinking and planning at night. One night, Clarence thought about everything the VA had done for him over the past 20 years and wanted to do something in return. He wanted to honor his fellow Veterans.

Clarence joined the U.S. Marine Corps when he turned 18 in 1954. He served as an armor and battalion prison chaser. He was honorably discharged in 1957 at the rank of Corporal.

“Some people can go their whole life wondering if they made a difference. Marines don’t have that problem,” said Hasenflu. “We also think about things, and then do them.”

And that’s exactly what Pistol Pete did – he had a vision to honor Veterans, and he made it a reality.

Clarence worked with Swartfager Welding in Knoxville to make his vision come to life—a piece of artwork that would honor all Veterans. Specifically, he wanted an image of the iconic flag being raised on Mount Suribachi by six Marines. Swartfager donated the time, all material, and the final piece to the Butler VA Health Care System.

Right beside the depiction of the flag raising (which includes an actual flag) is this inscription:

In memory of the life and service of Abie Abraham.

This memorial is dedicated to all Veterans, of all branches, who served this great nation with honor and pride during times of war or when at peace. From the Revolutionary War to today, brave men and women have answered the call to defend our country against our greatest enemies and to preserve the liberties for which this country was founded.

Thank you Veterans, past, present, and future, for your service and sacrifice.



On October 25, 2022, the final metal artwork piece (weighing 750 pounds) was officially dedicated on the Butler VA's New Castle Road campus. The Swartfager team was in attendance, and Clarence provided special remarks for the occasion. The Butler VA's Leadership was also in attendance to celebrate the new artwork and its importance for local Veterans and the Butler community.

"I'm grateful to all those involved in the dedication ceremony and the new artwork displayed on our VA campus. It will serve as a beautiful and humble reminder of the selfless service of all Veterans—Veterans we are privileged to serve every day at the Butler VA," said Sharon Coyle, Butler VA Health Care System Director.

The Butler VA is honored to serve our nation's heroes, every day. All Veterans are encouraged to enroll in VA care. Call 800-362-8262 or visit www.va.gov/butler-health-care/register-for-care/ to get started today.



PACT Act

The PACT Act is perhaps the largest health care and benefit expansion in VA history. The full name of the law is The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act. This new law expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances.

The PACT Act adds to the list of health conditions that we assume (or “presume”) are caused by exposure to these substances. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they’ve earned and deserve. The PACT Act will bring these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras
- Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures
- Adds more presumptive-exposure locations for Agent Orange and radiation
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care
- Helps us improve research, staff education, and treatment related to toxic exposures

If you’re a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits. Learn more at <https://www.va.gov/pact>.

Butler VA’s new Chief of Staff—Dr. Aref Rahman!

This fall, the Butler VA welcomed Dr. Aref Rahman as its new Chief of Staff. Dr. Rahman previously served as Director of VA Pittsburgh Healthcare System’s Cardiac Cath Lab and Medical Director of its Clinical Trials Center. He has also previously served as Acting Chief of Staff at the Butler VA. His specialties include internal medicine, cardiovascular disease, interventional cardiology, and peripheral vascular disease. He is a graduate of MCP-Hahnemann School of Medicine in Philadelphia and then pursued further specialization at the Beth Israel Medical Center of Harvard Medical School and University of Pittsburgh Medical Center.

Dr. Rahman joined VA in 2009 and brings 13 years of clinical experience to the Veterans of Western Pennsylvania. Welcome Dr. Rahman!

Home Caregiver for Veterans Needed

Want to make a difference in the life of a Veteran? Become a Medical Foster Home Caregiver.

The Butler VA is seeking caregiver applicants for its new Medical Foster Home Program. The Medical Foster Home Program (MFH) is a voluntary program that offers safe, long-term care in a homelike setting. MFH is an affordable, comprehensive-care housing alternative for Veterans.



If you are interested in becoming a MFH Caregiver, please reach out to our local MFH Coordinator at 878-271-6723. Learn more: www.va.gov/butler-health-care/programs/medical-foster-home-program/.



Updated COVID-19 Booster Vaccines are Here

Updated COVID-19 bivalent booster vaccines are designed to offer the best possible protection against both the original virus strain that causes COVID-19 and its Omicron variant. These bivalent vaccines, provided by Moderna and Pfizer-BioNTech, improve upon the monovalent vaccines used throughout the pandemic by adding protection against newer strains.

When you receive an updated booster dose, you will have greater protection against various forms of COVID-19.

Am I eligible to receive an updated COVID-19 booster dose?

The Centers for Disease Control and Prevention (CDC) recommends that you can receive an updated COVID-19 booster dose if you are 12 years of age or older and have already completed a COVID-19 vaccine primary series. To be eligible, you must also have received your last dose of COVID-19 vaccine at least two months before your updated booster.



Even if you have already received one or more boosters with the previous monovalent vaccine, and/or have had COVID-19, this new vaccine offers broader protection against newer virus strains and is recommended.

All Veterans, enrolled in VA health care or not, their spouses and caregivers can receive the vaccine on a walk-in basis at our Abie Abraham VA Health Care Center (HCC) Monday-Friday from 9am-3pm.

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New Healthy Teaching Kitchen Classes Available Monthly

The dietitians at the Butler VA are now hosting a monthly Healthy Teaching Kitchen (HTK)! The one-hour class includes a cooking demonstration, information on cooking skills, and nutrition education. The class is offered the first Wednesday of every month with two options:

1. Virtually (VA Video Connect): 12:00pm-1:00pm
2. Butler (Building 2 Conference Room, New Castle Road Campus): 1:00pm-2:00pm

Upcoming Class Schedule

- **December 7:** 12pm virtually or 1pm at Butler
Turkey Chili, Vegetable Quesadilla
- **January 4:** 12pm virtually or 1pm at Butler
Turkey Joes, Apple Salad
- **February 1:** 12pm virtually or 1pm at Butler
Spicy Chicken Creole, Lemon Parmesan Broccoli
- **March 1:** 12pm virtually or 1pm at Butler
Pork Egg Roll in a Bowl, Japanese Cucumber Salad

Registration is required. To register, contact Tara Snyder at Tara.Snyder@va.gov or 724-496-6086.



SHARING
STORIES
AND
NEWS
FROM
VETERANS
TO
VETERANS

Vet Chat

Living My Mission, Aspiration, and Purpose (MAP)

In October, the Butler VA recognized Person-Centered Care Month as part of its Whole Health program. VA's Whole Health approach puts you at the center of your care.

U.S. Army and Army National Guard Veteran Sue Waldoch participates in the Butler VA's Whole Health Program, including Whole Health Coaching. For Person-Centered Care Month, she shared her experience with Whole Health at the Butler VA.

"My coach and the Whole Health team have such a wonderful "listening ear." I was really able to trust my care team. Being able to communicate, not be judged, share my authentic self, and have an easy conversation is what makes this program helpful," shared Sue.

Whole Health centers around what matters to you, not what is the matter with you. This means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.

"Whole Health gave me strength to stick by my principles of how I want to live life and be able to focus on actually taking care of me," said Sue. "I no longer have to have everyone's approval for what I do or how I live... I'm living up to my MAP (Mission, Aspiration, Purpose)!"



Since participating in Whole Health, Sue has seen positive changes in her life such as better self-control, being able to let things go, and discovering who she actually is.

"Along the way, I recognized I am the only one who can turn the ship around, however, it's helpful to have someone navigate the water—that is what Whole Health has helped me do."

Start a conversation with your health team about your needs and priorities or learn about Whole Health practices from other Veterans through the Introduction to Whole Health and Taking Charge of My Life and Health courses the Butler VA offers regularly. Learn more: www.va.gov/wholehealth/.

VETERANS SERVING VETERANS



Butler VA's Facility Management (Plasterer, Painter & Sign Designer) and U.S. Navy Veteran William Russell

"I choose to work at VA because this job has meaning and value for my fellow Veterans wellbeing. No better place to work in Butler County."

Hey Veterans!

Share your stories with us in Vet Chat. Contact the Butler VA Public Affairs Office today at 878-271-6492.

Heart-Smart Menu Quiz

Cholesterol Quiz

This fall, VA celebrated National Cholesterol Education Month (September). Cholesterol is a waxy substance your body needs to stay healthy but too much can cause problems. How much do you know about cholesterol? Mark each of the following statements True or False.

True False

- ☐ ☐ 1. Nothing I do can lower my cholesterol.
- ☐ ☐ 2. All cholesterol in my blood is bad.
- ☐ ☐ 3. Exercise can't help me control my cholesterol.
- ☐ ☐ 4. I don't have to worry if my cholesterol is just a little high.
- ☐ ☐ 5. To lower my cholesterol, I just need to stop eating eggs.

Correct Answers:

1. **FALSE.** Your eating and exercise habits play a big role in controlling cholesterol. If you smoke, quitting can also help you get cholesterol under control. And your doctor can prescribe medicine if you need extra help.
2. **FALSE.** Some cholesterol is needed for your body to work. And some types of cholesterol are better for your body than others.
3. **FALSE.** Exercise increases the amount of HDL (good) cholesterol in your bloodstream. This is good for your body and your health.
4. **FALSE.** Even if your cholesterol is just a little high, you are at increased risk for a heart attack or stroke.
5. **FALSE.** Egg yolks are high in cholesterol. But eating foods that are high in saturated fats and trans fats is more likely to raise your cholesterol levels.

To learn more about cholesterol, and how it impacts your overall health, talk to your VA Provider or visit the Veterans Health Library: www.veteranshealthlibrary.va.gov.

Source: Veterans Health Library

Who's Who?

AMY TOMKO

Chief, Voluntary Services



Interested in giving back to our nation's Veterans? Donate your time and volunteer at the Butler VA!

Butler VA's Voluntary Services Office has many options available for volunteering, including in-person opportunities in the main facility, driving opportunities to transport Veterans to and from their appointments, or virtual opportunities done via telephone.

Where we need extra help...

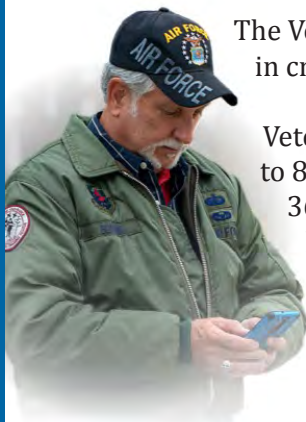
We always need more people to drive patients to their appointments at our medical center and clinics. To fill this important role, you must have a current driver's license and car insurance, receive mandatory training, and pass a physical exam.

If you have questions about donating or volunteering, please contact the Voluntary Services Office: www.va.gov/butler-health-care/work-with-us/volunteer-or-donate/.

Amy is the new Chief of Voluntary Services at the Butler VA Health Care System. You can reach out to her about volunteering at 724-477-5010.

HEALTH TECH – CHAT ONLINE WITH THE VETERANS CRISIS LINE

Free and Confidential Support 24/7/365



The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring VA responders.

Veterans and their loved ones can Dial 988 then Press 1 or send a text message to 838255 to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

Did you know there's another option too? Veterans and their loved ones can also chat online at VeteransCrisisLine.net/Chat. The anonymous online chat service, added in 2009, has engaged in more than 739,000 chats.

Chat with the Veterans Crisis Line: How It Works

1. Go to VeteransCrisisLine.net/Chat. Click the button to start your confidential chat.
2. A new screen will appear, asking for your first name or a nickname so the responder will know how to address you. Click "Send" to start the chat.
3. A chat box will appear with either a responder ready to chat or a window letting you know that someone will be right with you.
4. The responder will ask a few questions, such as whether you or the Veteran or service member you're concerned about may be in immediate danger or at risk for suicide.
5. Your chat is free and confidential, and you decide how much information to share.
6. If you or the Veteran or service member you're concerned about is in danger, the responder will help you get through the crisis and then connect you with the services you need, either from your local VA medical center or elsewhere in your community. If you decide to share contact information, the suicide prevention coordinator at the nearest VA medical center will contact you by the next business day.
7. If you or the Veteran or service member you're concerned about is in crisis but not at imminent risk for injury or suicide, the responder will listen, offer support, and help you make a plan to stay safe.
8. Afterward you may be connected with your local suicide prevention coordinator, who will contact you the next business day for continued support.

Whether you're a Veteran or a friend or family member concerned about one, confidential assistance is only a call, click, or text away.

For more information about the Veterans Crisis Line, visit
VeteransCrisisLine.net.



For more information about VA's mental health resources, visit
www.mentalhealth.va.gov.

HEALTH TASTES

Slow Cooker Mulled Cider



Ingredients

- 4 cups (32 ounces) apple cider or apple juice
- ½ cup fresh or frozen cranberries
- 2 cinnamon sticks
- 2 whole star anise pods
- 1 medium orange, sliced into rounds

Directions

Add the apple cider or juice, cranberries cinnamon sticks, and star anise to the pot of a slow cooker. Cook on low for 3 hours. Add the orange slices. Switch the slow cooker to the keep warm setting. Serve warm, straining off the solids before serving if desired.

Serving Size: ½ cup

Servings: 6

Source: VA's Nutrition and Food Services

Calories: 80 ★ Fat: 0g ★ Saturated Fat: 0g ★ Sodium: 5g

Crossword

Across

1. Bucharest is the capital
4. Resort in the Canadian Rockies
7. Jordan's capital
9. Largest city in Texas
10. Island in the Persian Gulf
11. Mediterranean island
12. Capital of the Bahamas
13. This lake sounds serene
16. Asian country
18. Capital of Cyprus
19. Home of Disney World
20. Australian town, ___ Springs
21. Sea between Ireland and England
22. Tirana is the capital

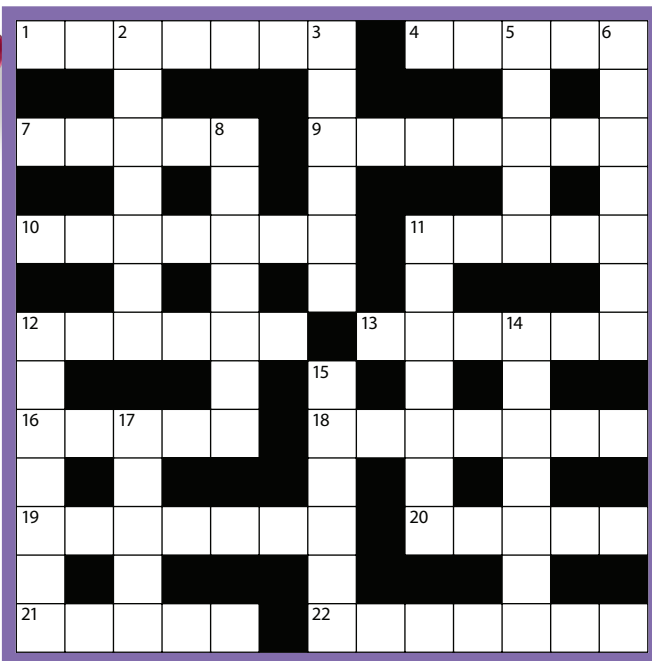
Down

2. Largest city of Tennessee
3. Piraeus is this city's major port
5. Region of South Africa and Brazilian port
6. Helsinki is the capital
8. Tourist attraction ___ Falls
11. Strait between Indonesia and Malaysia
12. Capital of Kenya
14. World's largest inland sea
15. Bordered on the east by Zambia and on the west by the Atlantic Ocean
17. City in 16 across



Benefit Your Brain

Research suggests crossword puzzles may benefit your brain. For example, they may delay loss of memory among those with dementia by more than 2 ½ years. They may preserve memory and cognitive function better than some medications. And, benefits of cognitive training for older adults may last as long as 10 years. While research findings in this area are mixed, isn't it *worth a try?*



HEALTH tip



HEALTH TIP PRACTICE GRATITUDE

Research suggests that practicing gratitude improves your physical, emotional and mental health. Consider a gratitude journal—keep a record of the things you're grateful for. Try reaching out and expressing gratitude to others. It'll make you both feel good!



U.S. Department of Veterans Affairs

Veterans Health Administration
Butler VA Health Care System

353 North Duffy Road
Butler, PA 16001
800.362.8262
724.287.4781



**ARMSTRONG COUNTY VA
OUTPATIENT CLINIC**
11 Hilltop Plaza
Kittanning, PA 16201
724.545.8420

**CLARION COUNTY VA
OUTPATIENT CLINIC**
56 Clarion Plaza, Suite 115
Monroe Township, PA 16214
814.226.3900

**CRANBERRY TOWNSHIP VA
OUTPATIENT CLINIC**
900 Commonwealth Drive, Suite 100
Cranberry Township, PA 16066
724.742.3500 or 724.741.3131

**LAWRENCE COUNTY VA
OUTPATIENT CLINIC**
Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724.598.6080

**MICHAEL A. MARZANO VA
OUTPATIENT CLINIC**
295 North Kerrwood Drive, Suite 110
Hermitage, PA 16148
724.346.1569



www.va.gov/butler-health-care



facebook.com/vabutlerpa



twitter.com/vabutlerpa

The Butler VA Health Care System, located in Butler County, Pennsylvania has been attending to Veteran's total care since 1947. We are the health care choice for over 25,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of VA Healthcare VISN 4 under the U.S. Department of Veterans Affairs. The Butler VA provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.

Refer a Buddy

Know a fellow Veteran not enrolled in VA health care? Tell them about the Butler VA! Now is the time to enroll. Call us at 800-362-8262 to get started today.



Choose VA

The Butler VA wants to bring attention to all Veterans what choices they have, and the full range of health care services and programs they have access to when they Choose VA.

www.choose.va.gov

 **Veterans
Crisis Line**
DIAL 988 then PRESS 1

**New number,
same support.**

Dial 988 then Press 1.
Share it with your networks.



U.S. Department
of Veterans Affairs

